

Peacock Press

Naval Postgraduate School

NOVEMBER/DECEMBER 2005

Thanksgiving Buffet

November 24, 2005

Barbara McNitt Ballroom: 1100 - 1400

MENU

Salads

Fresh Roasted Corn with Jicama

Ambrosia

Roasted Sweet Peppers with Buffalo Mozzarella Cheese

Grilled Marinated Vegetable Salad

Marinated Squid and Cucumber in Lime and Cilantro.

Chef's Waffle Station

Omelet Stations to include Fresh Salsa, Assorted Cheese, Peppers, Ham, Mushrooms and Tomatoes

Assortment of Breakfast Meat

Bacon, Cheese Blintz, Scrambled Eggs.

Carving Station

Roasted Tom Turkey with Giblet Dressing

Roast Beef with Aux Jus and Horseradish

Sauteed Chicken with Roasted Tomatillo Sauce

Fresh Salmon with Rice Pilaf, Red Roasted Potatoes
with Fresh Thyme

Sauteed Vegetables.

Seafood Bar

Dungeness Crab and Fresh Shrimp on Ice with Cocktail Sauce

Dessert

Assortment of Cakes and Pumpkin Pies

Adults: \$22.00 Kids 5-10: \$11.00

Under 5: \$2.00

Reservation is required.

Please call 656-2170 to reserve your table today.



Come join us and show your support for your school!!!

SCHEDULE OF EVENTS

November 30 - Soccer Game: DLI, Soccer Field at 1800

December 1 - Softball Game: NPS, Softball Field at 1800

"Freebies" and hotdogs will be given out
to the first 100 attendees!!!

"Post-game Party" will follow in the Trident Room.

December 2 - Flag Football: DLI, Football Field at 1800

December 3 - Army/Navy Game: NPS, Trident Room and El Prado Dining Room. Doors open at 1030. Kick-Off at 1130.

The Army/Navy Football games will be shown
on the big screen TV.

Food, games and prizes will be provided.

ALL ARE WELCOME!

For more information, please call 656-7955.

This event is
sponsored by:



DISCLAIMER

The Morale, Welfare & Recreation Department, NPS sincerely thanks and appreciates the sponsor of this event. However, neither the Navy nor any part of the federal government officially endorses any company, sponsor, or their products or services.

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

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The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School, Monterey. Information may be subject to change without notice.

All phone numbers are in
area code (831)



The
Fleet & Family Support
Center

NOVEMBER 2005

SCHEDULE OF CLASSES

TRANSITION AND FAMILY EMPLOYMENT ASSISTANCE

Resume Writing - Nov 3: 1-3 pm, FFSC, Bldg 3 Conference Room.

Interviewing Skills - Nov 10: 1-3 pm, FFSC, Bldg 3 Conference Room.

TAP (Transition Assistance Program) Workshop - Nov 15-17: 8 am-4 pm, NPS Spanagel Hall Rm 101A. (Must register to attend, civilian attire, medical records review available at 656-7628).

CARIT (Career Information Team) Briefing - Nov 18: 10 am, NPS Spanagel Hall, Room 101A.

Electronic Job Banks - Mon & Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.

Resume and Federal Application Review - No appointment is necessary. Available at FFSC, Bldg 1.

Family Employment Readiness Program - Mon-Fri, by appointment, FFSC, Bldg 1.

Volunteer Program - Volunteer opportunities are available at FFSC.

FINANCIAL

Uniform Services TSP Overview (new changes) - Nov 7 & 14: 12-1:30 pm FFSC, Bldg 3, Conference Room.

Credit Management - Nov 27: 1:30-3 pm FFSC, Bldg 3, Conference Room.

Individual Financial Counseling: Mon-Fri, by appointment, FFSC, Bldg 1, (FFSC Counselor).

PARENTING, FAMILY AND COUNSELING

Chess Club - Building Confidence: Beginning Class, K thru 3 grades every Wednesday from 1:30-2:30 pm, La Mesa Activity Center.

Advanced Chess Club Class: 4th grade and above - every Wednesday from 2:30-3:30 pm, La Mesa Activity Center.

Toddler Group: Every Friday 10-11:15 am, La Mesa Activity Center.
Individuals, Couples & Family Counseling: Mon-Tues, Thurs, Fri: 8:30 am-4:30 pm, FFSC (upstairs); Wed: 10 am-4:30 pm, FFSC (upstairs)

Life Skills Education: Anger Management - The last Thurs of every quarter 2:30-4:30 pm, FFSC, Bldg 3.

RELOCATION, INFORMATION & REFERRAL

Smooth Move: Every Thurs & Fri, 9-10 am, FFSC, Bldg 1

For full description of FFSC workshops, visit us at <http://www.nps.edu/ffsc/index.html> or call 656-3060.

Liberty Single Sailors

UPCOMING EVENTS



BEQ Cookout: Wednesday, 2 November 2005 at 1700. Just bring your appetites!!! Hamburgers & Hotdogs served with potato salad, baked beans and drinks.

Veterans Day Holiday/Universal Studios and Medieval Times Trip: Thursday, November 10 through Sunday, November 13, 2005. Cost: \$50.00 (single sailors & geo bachelors), \$160.00 (guest & all other military). Cost includes: Transportation to LA; Lodging (double occupancy); Admission to Universal Studios, Medieval Times & Knotts Berry Farm. Sign up at the ITT Office by November 7th. Leave time: TBA.



BEQ Cookout: Wednesday, 7 December 2005 at 1700. Fiesta time!! Build your own Burritos!!!



BEQ Christmas Tree Decoration: BEQ TV Room at 1800. 'Tis the season to be golly.....come join us in decorating the BEQ. Pizza and drinks provided, just bring your Christmas spirit!

This program is open for E-6 and below only.

For more information about these events, please call 656-7955 or e-mail rssierpi@nps.edu.

Community Activities

TURKEY BOWLING

Trident Room Hallway
Friday, 18 November 2005 at 1730



Join us as we bowl with FROZEN 10 lb turkeys down the halls of Herrmann Hall!

Prizes awarded to those that knock down the most pins with the frozen turkeys!!!

For information call 656-7955.

Navy Lodge

The Spirit Of Hospitality



In celebration of the 35th anniversary of the Navy Lodge, you can earn one gift certificate for a FREE night stay at any Navy Lodge within the U.S. for each three nights stay during your PCS move.

For more information about this offer, please call 1-800-NAVY-INN or visit our website at www.navy.lodge.com.



Outdoor Recreation

Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com

SKI TRIPS	DATE	COST
Thanksgiving Ski Tahoe	Nov 23-27, 2005	TBA
Weekend Ski Tahoe	Dec 2-4, 2005	\$199.00
One Day Ski Tahoe	Dec 3, 2005	\$69.00
Weekend Ski Tahoe	Dec 9-11, 2005	\$199.00
One Day Ski Tahoe	Dec 10, 2005	TBA
Weekend Ski Tahoe	Dec 16-18, 2005	\$199.00
One Day Ski Tahoe	Dec 17, 2005	TBA
Pre-Christmas Ski Tahoe	Dec 19-21, 2005	TBA
Christmas Ski Tahoe	Dec 22-25, 2005	TBA
Pre-New Year's Ski Tahoe	Dec 26-28, 2005	TBA
New Year's Ski Tahoe	Dec 29/05-Jan 1/06	TBA
One Day Ski Tahoe	Dec 31, 2005	TBA
ADVENTURE SPORTS	DATE	COST
Pinnacles Rock Climb	Nov 5, 2005	\$50.00
National Paintball Game	Nov 12, 2005	TBA
Mountain Biking on Fort Ord	Nov 12, 2005	\$20.00
Sequoia/Kings Canyon Wilderness	Nov 18-20, 2005	\$149.00
Castle Rock Climbing	Dec 3, 2005	\$50.00
Mountain Biking on Fort Ord	Dec 10, 2005	\$20.00
Surf Class	Dec 10, 2005	\$40.00
Kayak and Snorkel	Dec 17, 2005	\$40.00

POM LODGING

Have your out of town guests stay at Army Lodging! All are welcome to make reservations one year in advance, through the end of the current fiscal year. Military members traveling on official orders have priority. The Lodging Office offers continental breakfast with a scenic view of Monterey Bay.

To make reservations or for more information call POM Lodging at (831) 645-1199 or visit us on the web at www.pomlodging.com

PRESIDIO OF MONTEREY VETERINARY TREATMENT FACILITY

Bldg. 4380 on Ord Military Community
by appointment only
Call 242-7718 to verify hours and eligibility.

The Presidio of Monterey Veterinary Treatment Facility offers vaccinations, an out-patient clinic, heart worm testing, microchip identification, health certificates, pet registration and over-the-counter sales. For emergencies, please contact your local Veterinarian.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Every Monday Dinner Special El Prado Dining Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>1</p> <p>Every Tuesday Dinner Special El Prado Dining Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB Adults \$13.00 Kids 5-10 \$6.95</p>	<p>2</p> <p>HERBIE FULLY LOADED (G) 1800</p> <p>Every Wednesday FAMILY NIGHT Dinner Special El Prado Dining Room 1600-2100</p> <p>Adults \$9.00 Kids 5-10 \$5.00</p>	<p>3</p> <p>Thurs 3, 10 & 17 Dinner Special El Prado Dining Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>4</p> <p>EL PRADO DINING ROOM</p> <p>OPEN FOR HOT BREAKFAST MON-FRI 0645-0900</p>
<p>7</p> <p>WAR OF THE WORLDS (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>8</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>9</p> <p>POLAR EXPRESS (G) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>10</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>11</p>  <p>Veterans Day</p>
<p>14</p> <p>DARK WATER (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>15</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>16</p> <p>THE PERFECT MAN (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>17</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>18</p> <p>TURKEY BOWLING TRIDENT ROOM HALLWAY 1730</p> <p>TURKEY TROT 5K-RUN FITNESS CENTER PARKING LOT 1500</p>
<p>21</p> <p>BATMAN BEGINS (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>22</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>23</p> <p>MADAGASCAR (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>24</p>  <p>THANKSGIVING BUFFET 11 AM-2 PM BARBARA MCNITT BALLROOM</p>	<p>25</p> <p>TRIDENT ROOM OPEN MON-WED 1600-2230</p> <p>THURS-FRI 1500-2230</p> <p>DINNER SERVED 1600-2100</p>
<p>28</p> <p>FANTASTIC FOUR (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>29</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>30</p> <p>BEDKNOBS AND BROOMSTICKS (G) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>CAFÉ DEL MONTE HOURS MON-FRI 0630-1600</p> <p>BREAKFAST 0630-0830</p> <p>LUNCH 1045-1400</p>	<p>"Navy Regulations prohibit patrons from bringing food or beverages into food and beverage facility from outside sources. Thank you for your cooperation."</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monday 5 & 12 Dinner Special El Prado Dining Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>Tuesday 6 & 13 Dinner Special El Prado Dining Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00 Kids 5-10 \$6.95</p>	<p>Wednesday 7 & 14 FAMILY NIGHT Dinner Special El Prado Dining Room 1600-2100</p> <p>BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$5.00</p>	<p>1 Thursday 1, 8 & 15 Dinner Special El Prado Dining Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>2 FOR HOLIDAY PARTY RESERVATIONS AT CLUB DEL MONTE</p> <p>PLEASE CALL 656-2170</p>
<p>5 MILLION DOLLAR BABY (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>6 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>7 CLOCKSTOPPERS (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>8 CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>9 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTIONS</p>
<p>12 THE FOUR BROTHERS (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>13 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>14 HOWL'S MOVING CASTLE (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>15 CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>16 TRIDENT ROOM WILL BE CLOSED FOR THE HOLIDAYS STARTING FRIDAY, 16 DECEMBER 2005 THRU MONDAY, 2 JANUARY 2006.</p>
<p>19 EL PRADO DINING ROOM WILL BE CLOSED FOR DINNER STARTING FRIDAY, 16 DECEMBER 2005 THRU MONDAY, 2 JANUARY 2006</p>	<p>20 EL PRADO DINING ROOM WILL HAVE LIMITED BREAKFAST & LUNCH MENU SERVICE DURING THE PERIOD 16-30 DECEMBER 2005 .</p>	<p>21 EL PRADO DINING ROOM WILL RESUME FOR REGULAR BUSINESS HOURS ON TUESDAY, 3 JANUARY 2006.</p>	<p>22 CAFÉ DEL MONTE WILL BE CLOSED FOR THE HOLIDAYS STARTING FRIDAY, 16 DECEMBER 2005 THRU MONDAY, 2 JANUARY 2006.</p>	<p>23 OUR HOLIDAY PARTY SCHEDULE IS FILLING UP FAST.</p> <p>BOOK EARLY BY CALLING 656-2170.</p>
<p>26 </p>	<p>27 MONTEREY PINES GOLF COURSE OPEN DAILY AND MOST FEDERAL HOLIDAYS</p>	<p>28 MONTEREY PINES RV CAMPGROUND OPEN DAILY YEAR ROUND</p>	<p>29 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN DAILY</p>	<p>30 CAFÉ DEL MONTE PROUDLY BREW STARBUCKS COFFEE</p> <p>GREAT PRICES! QUICK SERVICE!</p>



**Located in
HERRMANN HALL**
near the
QUARTERDECK

Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.

Closed Weekends
and
Federal Holidays

NOVEMBER	UPCOMING ITT TOURS	PRICE
5	South County Wine Tour (Blackstone, Jeckel, Scheid, Hahn)	\$49.00
13	Football: Oakland Raiders vs Denver Broncos	\$75.00
19	Alcatraz/Pier 39	\$49.00
26	Hockey-San Jose Sharks vs Detroit Redwings	\$48.00
DECEMBER		
3	Monterey Local Wine Tasting	\$47.00
10	Danish Village Solvang-Shopping	\$40.00
17	Christmas Shopping Tour Union Square, San Francisco	\$40.00

Local Area Amusement Parks!



BONFANTE GARDENS HOLIDAY LIGHTS

Nov 25-Dec 23, 2005
(Weekends only)

Visit Bonfante Gardens during this special event and treat your family to a spectacular holiday lights display, a visit with Santa Claus, and ice skating on its new ice rink. Make sure to end your perfect day with Bonfante's decadent holiday feast with all the trimmings. Price with dinner \$28.00; without dinner \$18.00.



SKI SEASON IS HERE!

Check out ITT specials for HEAVENLY and SQUAW VALLEY.

Lodging available with Best Western Truckee Tahoe.
\$79.00 per night 7 days a week in November.

\$79.00 weekdays and \$129.00 weekends in December.



Universal Studios - Buy-A-Day, Get-A-Year free! After entering the park with the ticket you purchased from ITT. Exchange it at the season pass office for your 1 year free pass!

New Ride: "Revenge of the Mummy" roller coaster.

New attraction - "Van Helsing's Fortress of Dracula" and "Fear Factor, Live!".

DISNEYLAND

Disneyland 1, 2, 3, 4 and 5 day tickets are available at the ITT Office. 50th Anniversary celebration still going on with Buzz Light-Year, Astroblasters, fireworks displays and much more. Space Mountain now open!

KNOTT'S BERRY FARM VETERAN'S DAY SPECIAL

November 1-24, 2005

U.S. military member (past or present, some restrictions apply) plus one guest are free! Plus up to 6 additional people for \$10.00 each.

SEA WORLD MILITARY SPECIAL



"Here's to the Heroes" free ticket promotion until December 31, 2005. For active duty, reserves and up to three family members. Call or stop by the ITT Office for details.

2006 ENTERTAINMENT BOOKS



The sooner you buy the sooner you'll start saving; so don't wait to get coupons to use at local restaurants, attractions, and more! The 2006 Entertainment Books sell for \$25.00. Get them while they're hot!

ITT HOLIDAY HOURS

Thanksgiving Day	CLOSED
November 25, 2005	0930-1330
December 26, 2005	CLOSED
December 30, 2005	0930-1330
January 2, 2006	CLOSED



FIRST NIGHT MONTEREY BUTTONS

Ring in the New Year in downtown Monterey. Purchase a button, which will let you into special entertainment and holiday events on December 31st.

Buttons are \$12.50.



LOOKING FOR A UNIQUE CHRISTMAS GIFT?

9-11 Commemorative Ornaments \$10.00
2006 Entertainment Book \$25.00
Gift Check Book \$10.00
See's Candies 1 lb Gift Certificate \$10.50
See's Candies Holiday Candy Gifts \$3.75.

These make great hostess gifts or stocking stuffers.



TURKEY TROT 5 K-RUN

November 18, 2005 at 1500
Fitness Center front parking lot
Register no later than
1330 day of race

FEE: \$12.00 active duty/reservist/retirees/family members
\$13.00 DOD civilians
*Fee includes a commemorative t-shirt while supply lasts.
Children can run for free!

DIVISIONS

Men's 17-29	Women's 17-29
Men's 30-39	Women's 30-39
Men's 40-49	Women's 40-49
Men's 50 & over	Women's 50 & over

Run to win a turkey for first place, pies for second place.

For more information, please contact Sue Robinson at 656-2497.

SPORTS



WINTER BASKETBALL

League begins January 9, 2006.
Games played: Every Mon & Wed 1800, 1900 & 2000
Sign up by Jan 5, 2006.

VOLLEYBALL LEAGUE

League begins January 10, 2005.
Games played: Every Tues & Thurs 1800-2000
Sign up by Jan 6, 2006.



For more information, contact Sue Robinson at 656-2497.



THERAPEUTIC MASSAGE

(Male or Female therapist now available)
Help improve performance, decrease pain
and promote relaxation!

Fees: \$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.



MONTEREY BAY ATHLETIC CLUB HOLIDAY HOURS

November 25, 2005	0800-1600
December 19-23, 2005	0630-1830
December 24, 2005	0800-1300
December 25-26, 2005	Closed
December 27-30, 2005	0630-1830
December 31, 2005	0800-1300
January 1-2, 2006	Closed



WEIGHT LIFTING CONTEST

Friday, 9 December 2005
1330-1600

Cost: \$13.00 military
\$15.00 DOD/civilian



Power Lift (bench, dead-lift & squat) or Bench Press only. This event is for men and women. Novice lifters are welcome. Specially designed t-shirt for all participants. Awards: First, second & third place medals (ten different weight classes) and over-all champion trophies.

NEW YEAR'S RESOLUTION

WEIGHT LOSS & STRENGTH TRAINING PROGRAM

January 5 through March 2, 2006

Class time: 1100-1200 every Thursday

Cost: \$25.00 military, family members/retired
\$35.00 DOD/civilian

Fine tune or learn exactly how to workout (Cardiovascular & weight training). This is a nine week bootcamp type training class (lecture only). A Register Dietitian will speak on two occasions on nutrition and assess your diet. Cardiovascular & weight training will also be taught. Body fat measurements will be taken, at the beginning and at the end of the nine weeks. **IF you lose an agreed amount of body fat, you will get half the entry fee back.**

FITNESS EDUCATIONAL CLASSES

Every Thursday 1100 - 1200

Free to members

January 19, 2006: Cardiovascular Training

January 26, 2006: Nutritional Guidelines

February 2, 2006: Strength Training Techniques

Computerized Physical Assessments are available.

Contact the Fitness Center at 656-3118 for details.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
0630	PT READY CIRCUIT TRAINING		PT READY GROUP RUN		CARDIO KICK
1000		YOGA		YOGA	
1100	MUSCULAR POWER FLEX		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX
1200	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
1630		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX	
1730	SPIN	STEP	SPIN	STEP	
1830		CAPOEIRA		CAPOEIRA	



Child Development Center “CDC is the place to be!”

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

Life Skills Readiness Part Day Preschool Program & Jellyfish Drop In Program

Winter Break Schedule:

Monday, December 19 - Monday, January 2.



Article: By Mardi Lucich

Whether you're hoping your little Sam will become the next Einstein or simply make it to first grade, there's something you should know: Smarts isn't all about hitting the books...it's also about hitting the ball, the park and places to play safely with toys. Thankfully, there's more to play than meets the eye. Amid the chaos of the blocks, trucks and dolls all around the room, children are actually learning about their world and growing intellectually, socially and emotionally. When Sam plays with interesting toys, he learns to reason, perceive, problem solve and practice coordination. When he plays with other children, Sam learns to communicate, cooperate, and negotiate. When Sam pretends, he learns to think abstractly. And when Sam plays with you, he learns to feel good about himself. Adults associate being productive with stimulates your child's brain. The more stimulation the brain receives, the more nerve pathways it creates. These pathways are essential to a child's ability to learn and understand. So, it may be that the best way to help Sam learn is to ease up on "educational activities" and let Sam play (and play it again).

JOBS AVAILABLE

CLASSROOM POSITIONS: We are seeking enthusiastic and energetic people interested in working with children ages 6 weeks to 18 years of age.

For more information, please call the Child Development Center at 656-2734 or the Tech Connection Youth and Teen Center at 656-2127.



The Child Development Home program offers **Navy certified care by military family members in their homes.**

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

CDC Winter Holiday Schedule

The Child Development Center will be closed November 11, 24 & 25, 2005. Closed on Monday, 26 December 2005 - Monday, 2 January 2006.

Happy Holidays from the CDC Program Staff.

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs through the Boys and Girls Club of America..

YOUTH BASKETBALL 2005

*Season starts: December 12, 2005
Registration ends November 30, 2005*



Youth basketball for age groups 6-7, 8-9, 10-11, & 12-14.

*Cost: \$45.00 per child
Includes team jersey, personal trophy
and end of the season sports banquet.*

Games are played on Saturdays

*Game locations: NPS Gym (Monterey)
Porter Youth Center (Fort Ord), YMCA, Salinas
and Pacific Grove*

Open to military and DOD families.

We are looking for coaches!

*For more information, contact Robert Nanni at 656-2127.
E-mail: rananni@nps.edu*



DANCE LESSONS

*For military & DOD civilian families
Tuesdays & Thursdays*

Tuesdays

<i>Tot Ballet</i>	<i>3 year old</i>	<i>2:45-3:30</i>
<i>Pre-Ballet</i>	<i>5 year old</i>	<i>3:30-4:15</i>
<i>Ballet 1</i>	<i>6-8 year old</i>	<i>4:15-5:00</i>

Thursdays

<i>Creative Ballet</i>	<i>4 year old</i>	<i>2:45-3:30</i>
<i>Pre-Ballet</i>	<i>5 year old</i>	<i>3:30-4:15</i>
<i>Ballet 1</i>	<i>6-8 year old</i>	<i>4:15-5:00</i>

*Cost: \$38.00 per month
Instructor: Sherri Beck
from the Carmel Ballet Academy*

To register, please call 656-2127.

**For more information, please call
Carmel Ballet Academy at 624-3729.**



TENNIS LESSONS

*with Jimmie Brooks
Tuesday/Thursday*

**La Mesa Tennis Court
Ages 6-15 - 4:00-5:00 pm**



*Open to military and DOD families. Minimum 4 students
per class. Maximum 7 students per class.
Cost: \$72.00 per eight lessons*

*Private lessons are available by appointment.
Cost: \$35.00 per hour*

*Age groups, lesson days, and lesson times
are subject to change.*

To register, call the Tech Connection at 656-2127.



Teen & Youth Winter Holiday Schedule

*The Teen & Youth Center will be closed November 11, 24
& 25. Closed December 26, 2005 - January 2, 2006 .*

**Happy Holidays
from the Teen & Youth Program Staff.**



www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$25.00

Initiation fee: \$50.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$64.00



Cessna 172 (IFR) \$78.00

All rates are on an hourly basis including fuel.

MONTEREY SAILING



**Breakwater Cove
32 Cannery Row Suite C.
Monterey, CA 93940
Tel: (831) 372-9463
Fax: (831) 372-9464**

Monterey Sailing provides a chance to learn to sail in a safe, professional environment and then to continue sailing without the responsibility and expense of owning a boat.

Discounted instruction and charter rates are for Naval Postgraduate School Sailing Association members, only.

AMERICAN SAILING ASSOCIATION CERTIFICATION

Basic keelboat	\$300.00
Basic Coastal Cruising	\$350.00
Bare Boat Chartering	\$350.00
Coastal Navigation	\$600.00
Offshore Cruising	\$600.00

Note: Minimum of three students per class.

BARE BOAT CHARTERS

Capri 14	\$20.00 /hour \$30.00/day
Prindle 16 Catamaran	\$20.00/ hour \$30.00/day
Santana 22, Capri 22, Ranger 23	\$15.00/ hour \$30.00/day
Buccaneer 30 (Hanalei)	\$25.00/hour \$40.00/day
Boston Whaler (13 Ft.)	\$20.00/hour \$70.00/day



MWR ADVISORY BOARD TO MEET WEDNESDAY 2 NOVEMBER 2005

The next MWR Advisory Board Meeting is set for Wednesday, 2 November 2005, at 12:00 noon in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-2502.



PGA golf instruction available



DAVID STOCKLY
PGA Member



MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



FOOD SERVICE OPERATION

Monday - Thursday
7:30 am - 5:00 pm

Friday, Saturday & Sunday
6:30 am - 6:00 pm

*19th Hole Grill offers breakfast and lunch daily.
Come by for a treat from Jim Vose.*

For more information, please call 656-2167.

EARLY TWILIGHT SPECIALS

Monday-Thursday 1:00 pm twilight rates:

*Military walking \$12.00; Military riding \$20.00 each player;
Single rider \$22.00*

*Civilian walking \$17.00; Civilian riding \$24.00 each player;
Single rider \$26.00*

Monday-Thursday 4:00 pm super twilight rates:

*Military walking \$10.00; Military riding \$17.00
Civilian walking \$12.00; Civilian riding \$20.00*

The above rates also apply on Friday-Sunday starting at 2:00 pm.

For more details, call 656-2167.

MONTEREY PINES RV CAMPGROUND

*Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.*



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

GOLF FEES EFFECTIVE 1 OCTOBER 2005

GREEN FEES	PRIME	TWI
MILITARY	\$14.00	\$12.00
DOD	\$20.00	\$14.00
CIVILIAN	\$26.00	\$17.00

Tournament dates available. Military Tournament \$29.00/ player. Includes green fee, cart and prize fund. Golf Lessons available by appointment at the Pro Shop from your certified golf instructors:



FREE CLUBFITTINGS

Every Saturday 9:30 am - 1:00 pm

*Featuring Ping and Tour Edge fitting carts.
Fitting done by*

DAVE STOCKLY

PGA Professional/Certified Club Fitter

NSD, MONTEREY (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2502.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 1:30 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday - Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 10:30 p.m. Monday - Wednesday
3:00 - 10:30 p.m. Thursday & Friday
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170.

Café DEL MONTE - Located next to Knox Library. Open Monday-Friday 6:30 a.m.-4:00 p.m. Closed weekends and all federal holidays. Open for breakfast 6:30-8:30 a.m.; lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:00 p.m. Closed weekends and federal holidays. Phone: 656-7954.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400-1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 372-9463.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 9 a.m. - 5:30 p.m. Closed weekends and federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

NPS U.S. POST OFFICE - Open Monday through Friday, 9:30 a.m.-3:30 p.m.. Tel: 333-1734.

EAGLE'S EYE GALLERY - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



Peacock Press

Morale, Welfare and Recreation Department
Naval Support Detachment, Monterey
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil